

Fitness Classes: Schedule October-December 2019

Advanced Tai Chi Monday 11:30 am - 12:30 pm	Yoga Monday 12:45 pm - 2:00 pm	Yoga Wednesday 11:30am-12:45 pm	Meditation Wednesday 12:45 pm -2:00 pm	Line Dance Thursday 1:15 pm -2:15 pm
October 7	October 7	October 9	October 9	October 10
October 14	October 14	October 16	October 16	October 17
October 21	October 21: no class	October 23	October 23	October 24
October 28	October 28	October 30	October 30	October 31: no class
November 4	November 4	November 6	November 6	November 7
November 11: no class	November 11: no class	November 13	November 13	November 14
November 18: no class	November 18	November 20: no class	November 20: no class	November 21
November 25	November 25: no class	November 27: no class	November 27: no class	November 28: no class
December 2	December 2	December 4	December 4	December 5
December 9	December 9	December 11	December 11	December 12
December 16	December 16	December 18	December 18	December 19
December 23				

Urbana 50+ Community Center
Offering fitness, enrichment & social opportunities for ages 50+
301-600-7020
9020 Amelung Street, Urbana, MD 21704

Updates will be posted on our Facebook page: [Urbana Senior Center - Frederick County, MD](#)
UrbanaSeniorCenter@FrederickCountyMD.gov
www.FrederickCountyMD.gov/seniorservices